



REBUILDING

A Guide for Disaster Survivors

March 5 2012

Volume 1, Issue I

Coming Soon! ONE STOP SHOP: Recovery Resources

The State of Indiana
will be setting up a one-stop shop
for disaster recovery-related
services this week.

Watch local media for information
on the location,
hours of operation
and contact details.

Is Your Tetanus Shot Up-To-Date?

*Be sure your tetanus shot
is current!*

Washington County Residents:

The local health department
will hold a tetanus clinic at
806 Martinsburg Rd, Ste. 100;
Salem.

Monday, Mar. 5

8:30 a.m. to 11:30 a.m.

and

1 p.m. to 3:30 p.m.

Internet, power and cell phone services

The Sprint-Nextel
COW (Cellular on
Wheels) is located in
the parking lot at 301
S. Ferguson Street,
Henryville.



A Duracell Batteries
truck is onsite at the
Methodist Church in
Henryville.

Verizon Wireless is at
251 S. Ferguson
Street, Henryville.

These sites provide
internet and phone-
charging services.

Call 2-1-1 for Info

Tornado survivors and concerned citizens can
call 2-1-1 (or 317.926.4357) for help and
information regarding the recent severe
weather event. You can also visit their website
at www.Connect2Help.org.

CURFEW STILL IN PLACE

All of Clark County remains under a curfew
between the hours of 6:00 p.m. and 6:00 a.m.
as issued by County Commissioners.

Overnight travel is restricted to emergency and
public safety personnel.

IDHS: Leadership for a safe and secure Indiana

Damage Assessments to Begin Tuesday

Local, state and federal officials will be starting joint preliminary damage assessments on Tuesday.

Teams will include representatives from the Indiana Department of Homeland Security (IDHS), local officials from affected counties, the Federal

Emergency Management Agency (FEMA) and the U.S. Small Business Administration (SBA).

These damage assessments are a key part of the multi-step process in determining whether a request for federal assistance is appropriate.

If you have sustained damage, please report damage online at the Indiana Department of Homeland Security (IDHS) website at dhs.in.gov. In the middle of the page under "Topics of the Day," click on "Citizen Damage Reports for March Severe Weather."

Protect Your Identity

When interacting with government officials, remember these tips to protect personal information.

Ask for ID. If someone represents themselves as a federal employee, such as an inspector, but doesn't produce identification, ask to see it.

A FEMA, U.S. Small Business Administration or other government agency shirt or jacket is not absolute proof of someone's affiliation with the government. Federal employees carry official photo identification.

Do not give personal information such as social security and bank account numbers to individuals claiming to be affiliated with the government. FEMA inspectors never require this information.

FEMA representatives are never allowed to accept money. If someone claiming to be a federal employee or contractor attempts to collect money for their help, report the person and their vehicle number to your local police department.

Preparing to File an Insurance Claim

Get in touch with your insurance agent or company representative as soon as possible. He will advise you how to file your claim notice.

Separate damaged items from undamaged items. If necessary, place damaged items outside the home.

If local officials require the disposal of damaged items, keep a swatch or other sample of the damaged items for the adjuster.

Make a list of damaged or lost items and include their age and value when possible.

If possible, supply receipts for lost items to the adjuster. This may be required by your policy and is necessary for the adjuster to investigate and settle your claim.

If you have damage estimates prepared by a contractor, provide them to the adjuster since they will be considered in the preparation of your repair estimate.

Take photos of any damage and damaged personal property as evidence for the adjuster to use in preparing your repair estimate.

Keep all receipts for any work done to repair damage or for items purchased to replace belongings.

All uninsured damage should be reported to the Indiana Department of Homeland Security (IDHS).

A link to the form is available on the IDHS website at www.in.gov/dhs.



Food and Water

The Red Cross has set up a site to provide meals for those in need at the Vienna Baptist Church, 8 West Leota Rd. (Corner of 31 & 356), in Scottsburg.

Reminder: Do not drink the water in Henryville. **Only** drink and cook with bottled water.



Debris Management Guidelines

Do not approach damaged buildings or debris areas unless they are determined to be safe.

Use extreme caution when entering buildings. Damage may have occurred where you least expect it. Watch carefully every step you take.



Wear sturdy shoes. The most common injuries following a disaster are cuts to the feet.

Use caution when handling any debris materials.

Do not disturb any materials or buildings containing asbestos.

Watch out for fallen power lines.

Use battery-powered lights when examining buildings. This prevents potential shocks and fire hazards.

While burning of woody debris is not encouraged, emergency burning may be necessary in some cases to address an imminent threat.

Burning solid waste is not permitted under any circumstances.

Protect Yourself from Fraud and Scams When Hiring a Contractor

Indiana has many honest, reputable organizations and businesses that work hard to assist individuals recovering from severe weather damage.

However, situations of widespread damage can sometimes attract scam-artists and identity thieves. Survivors should be cautious of any unsolicited offers of assistance and take measures to safeguard financial and other personal information.

If you are approached by a contractor, don't let the representative intimidate or pressure you into the work.

Research. Check with the local better business bureau, local chamber of commerce,

homebuilders' association or trade council to see if the contracting firm has unanswered complaints against it.

Check references.

Contractors should be willing to provide names of previous customers.

Call several former customers who had similar work done to make sure they were satisfied with the job.

Ask for proof of insurance. If a contractor is uninsured, you may be liable for accidents on the property. Make sure the contractor has disability and workers' compensation insurance.

Ask for a written estimate and check to make sure it includes all the work you expect to have done, how long it will take to complete the job, how much it will cost including taxes and other fees. Never pay up front.

Obtain quotes from other businesses that you know to be legitimate.

Prior to signing an agreement/contract with a cleaning, remediation or maintenance contractor, you should consult with your insurer concerning coverage.

For more information, visit the IN Attorney General's website at www.in.gov/attorneygeneral/

Open Shelters

American Legion, 209 S. Main Street, Salem, IN

Charlestown High School, 1 Pirate Place, Charlestown, IN

Chelsea Church of God, 6231 S. State Road 62, Lexington, IN

Holton Community Center, 50 East and West, Holton, IN

Don't Forget Your Pets

If there is a lost pet on or around your property, contact your local animal shelter or animal control agency.

Keep pets contained until you can check outdoors for debris, such as glass or metal, that can cause injuries. Check fences for damage that may allow escapes.

Remember, The water in Henryville is NOT safe for pets to consume. Only provide bottled water for your pets at this time.

Dead animals should be disposed of properly. Contact your local authorities or veterinarian for more information.



Disaster Mental Health Teams Available to Help

Twelve mental health professionals in three teams from the Indiana Division of Mental Health and Addictions with Family and Social Services Administration have been deployed to provide assistance to those impacted by the storms. Check with local public safety officials about how to contact members of these teams.

The Indiana Family and Social Services Administration (FSSA) has established a toll free hotline to provide mental health services for those affected by the storm: **1-866-679-4631**. Individuals can receive counseling by phone or referrals for services.

Sometimes the most stressful moments actually occur after a disaster is over.

The residual destruction and debris can be very chaotic and overwhelming scene. It is important to remain calm and try to keep the recovery process in perspective. You won't be able to do everything you need to do to recover all at once, but you can take steps toward that end.

Tips for Managing Stress

Assess and monitor your own stress levels.

Pay attention to the signs of stress for you, such as changes in your sleep or appetite, fatigue, or being short-tempered, and put in place your strategies for coping in healthy ways.

Be deliberate in managing stress. Make your plan a routine part of your day.

Know your limits. Remember that going beyond your limits is likely to make you less effective in the long run.

Ask for help when you need it, both in terms of your tasks and with personal support whenever necessary.

Try to eat healthy foods and do not to skip meals.

Keep a regular schedule, such as regular waking and sleeping hours and work and relaxation time. Don't work 24/7!

Do something every day to relax, and get proper rest and exercise.

Keep in touch with friends and family.